

THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

**THE ALBERT
SCHWEITZER
FELLOWSHIP®**
*Addressing Health Disparities
by Developing Leaders in Service*

Family Time Initiative

Strengthening the family with the family!

Why?

In Franklin County, over 60% of all deaths were due to chronic diseases in 2013. Chronic diseases such as heart disease, stroke, cancer, and diabetes, all preventable diseases, are the leading cause of death and disability at the local, state, and national levels. Past efforts to combat this problem failed to adequately address the social determinants of health, social and environmental factors that influence health outcomes.

Where?

The Family Time Initiative was conducted at the King Arts Complex (KAC) located on the Near East side of Columbus. A community arts facility striving to enrich and improve the quality of life in our community and society, through creative expression and education.

What?

Weekly evening program for parents and children

Program Components:

- **Nutrition**
 - Expanded Food & Nutrition Program
 - Cooking Classes
- **Community Involvement**
 - Presentations by Local Organizations
- **Cultural Awareness**
 - Culturally Sensitive Activities
- **Physical Activity**
 - West African Dance & Drum

Partnered with Wexner Medical Center Nutrition, OSU Extension and other local organizations for programming.



Impact

- Directly educated over 13 families (approx. 65 people)
- Collaborated with 15 community organizations
- Raised \$2,555 for program



The Future

- **Sustainability**- KAC pending grant
- **Expansion**- FTI will expand to Saturday programming and potentially other neighborhoods
- **Development**- will improve evaluation, eliminate time requirement, diversify physical activities

Who?

The program is geared to African American families, though all are welcomed, on the Near East Side of Columbus. The surrounding community is primarily African American with poverty rates and health disparities considerably higher than both the city and county rates.



Diandra Gordon
College of Education
and Human Ecology



**THE OHIO STATE
UNIVERSITY**

2014-15 Albert Schweitzer Fellow

www.schweitzerfellowship.org/columbus